

Montgomery County Department of Recreation

Senior Program Opportunities



At

Germantown



Germantown Senior Program

Meets on Mondays & Thursdays: 10:00 am to 2:00 pm

Evergreen Senior Program

Meets on Tuesdays, Wednesdays and Fridays: 9:00 am to 3:00 pm

Director Anya Hoffman, Dr. Ling Cheung Nutrition Site Manager Amas Ahmed
18905 Kingsview Road, Germantown, Maryland 301-601-1685

Germantown Senior Program is a two day program that offers an opportunity of friendships, continued learning experiences, health education and exercise for the body, mind and soul. There is a federal lunch program, limited bus service and planned activities to enjoy. Make this the best time of your life!

September and October 2006

Regular Schedule of Activities

Monday Morning Activity Choices

10:00am – 10:30am **Coffee and Tea**
10:30am – 11:00am **Exercise Class**
10:00am – 12:00am **Bridge Class**
10:00am – 12:00pm **Mah Jong and Bridge**

Thursday Morning Activity Choices

10:00am – 10:30am **Coffee and Tea**
10:30am – 11:00am **Exercise Class**
10:00am – 12:00am **Mah Jong and Bridge**

1st Monday of each month Carol Smith from Department of Human Services, Client Services in Aging and Disability, is available for consultations.

Please call to make an appointment.

SEPTEMBER

Afternoon Special Activities

Monday, September 11

12:30pm - 1:30pm

Opera – Donato Style

Performer Donato Sonarro loves singing opera and sharing that love with us.

Thursday, September 14

12:30pm - 1:30pm

Safety Pin Bracelets

Meet in the Art Room for a fun project.

Monday, September 18

12:30pm - 2:00pm

Chair Volley Ball

Thursday, September 21

12:30pm - 2:00pm

Movie Day – “Notting Hill”

A great love story starring Julia Roberts and Hugh Grant. Set in London on the famous street, Notting Hill, this film has a fun mix of characters and wonderful British humor.

Monday, September 25

12:00noon – 2:00pm

Pizza Party

Thursday, September 28

12:00noon – 1:30pm

Line Dancing with Frank

Frank Staneck will keep your feet moving with new dance steps.

OCTOBER

Afternoon Special Activities

Monday, October 2

12:30pm - 2:00pm

Yom Kippur

Bingo Game

Thursday, October 5

12:30pm - 1:30pm

Arts For The Aging

Nancy Havlik will be sharing the joy of movement with you.

Monday, October 9

10:00am - 2:00pm

Due to Columbus Day, there is no bus service. There is still lunch available with a reservation. Please let us know if you plan to attend.

Thursday, October 12

10:30am - 2:00pm

Trip to Prime Outlet in Hagerstown

Start shopping for the holidays! Seating is limited, sign up early and reserve your spot with your \$3 fee.

Monday, October 16

Flu Shots Given 10-12!

Provided by Montgomery General.

Free if participant has Medicare B. You must have your card with you. You must be a senior. The cost without Medicare is \$30.

1:00pm – 2:00pm

Performer Linda Kellner

Welcome the wonderful melodies of Broadway under Linda's skillful art.

Thursday, October 19

12:30pm – 1:30pm

Group Meeting and Discussions on Upcoming Events

1:00pm – 2:00pm

Meet in Art Room – Creating Hawaiian Leis

Monday, October 23

12:30pm – 2:00pm

Plan Our Halloween Party

Decorations, treats and leis. This is a busy place.

Thursday, October 26

12:45pm – 1:45pm

Chair Volleyball

Monday, October 30

11:00am – 2:00pm

Our Annual Halloween Party

Dress up as your favorite ghoulie or character as we enjoy this fun holiday.

Financial Assistance Policy – The Department of Recreation offers reduced recreation fees for lower income residents. If you require financial assistance, please see a staff member.

Senior Program Web site: www.montgomerycountymd.gov

Transportation and Meal Reservation Procedures

Lunch is served at the Center on weekdays at 12:00 noon. Please make reservations for bus and/or lunch at the center in person or by calling 301-601-1685 on Monday or Thursday prior to your intended day of need. Call the Senior Center, 301-601-1685, to cancel either bus or lunch by leaving a message on the recorder. The full cost of the meal is \$4.05. For persons aged 60 and over, and spouses of any age, a voluntary contribution is requested. Remember, contributions are used to purchase meals---please contribute as much as you can. Guests under age 60 must pay the full cost of the meal. For information on limited transportation to and from the Germantown Senior Program, please call Anya. Transportation reservations must be made by 2:00 pm the

last program day before you wish to come by calling 301-601-1685. **Same day cancellations for transportation must be called in to the Senior Center by 8:00 am.**

Seniors with disabilities are encouraged to participate in senior programs. Montgomery County Government is committed to complying with Americans with Disabilities Act (ADA). If you need auxiliary aids or services in order to participate, call 240-777-6960/TTY 240-777-6974 at least two weeks prior to the start of the activity.

Seniors Today! Watch Seniors Today, a program for and about seniors produced by the Commission on Aging. Tune in to County Cable Montgomery Channel 6 Sundays at 3:30 pm, Mondays at 9:30 am, Tuesdays at 1:30 pm, Wednesdays at 8:30 pm, Thursdays at 12:30 pm, Fridays at 7:30 pm and Saturdays at 11:30 am.